

# The Resilient Library

## Newsletter

March 14, 2021

Volume 6, Issue 2

### PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites.

Press Click or Ctrl+click on images and underlined text to be directed to those websites.

### Inside this issue:

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## 2021 Special Enrollment Period (SEP) for Marketplace Coverage

SEP allows consumers to enroll in affordable health coverage during the COVID-19 Public Health Emergency

From U.S. Department of Health & Human Services (HHS.gov)

The Health Insurance Marketplace® will officially be available to consumers... that use the HealthCare.gov platform on Monday, February 15, and will continue through Saturday, May 15....

The COVID-19 Public Health Emergency has affected millions of people throughout the country, and many Americans remain uninsured and need access to affordable health coverage. The SEP will allow individuals and families to enroll in the health coverage they need. Consumers who are uninsured can take this opportunity to look for coverage and find out if they qualify for financial assistance to help pay for health insurance. Currently 9 out of 10 consumers enrolled in coverage through HealthCare.gov receive financial help and 75 percent of consumers can purchase a plan for \$50 or less per month after financial assistance. In addition, all of the plans at HealthCare.gov cover essential health benefits, such as primary care visits, and cover many preventive

care services with no out-of-pocket costs to the consumer.

Beginning Monday, February 15, consumers who want to access the SEP to enroll in coverage and see if they qualify for financial help to reduce the cost of monthly premiums, can visit [HealthCare.gov](https://www.healthcare.gov) or [CuidadoDeSalud.gov](https://www.cuidadodesalud.gov) to view 2021 plans and prices and enroll in a plan that best meets their needs. Additionally, consumers can call the [Marketplace Call Center](https://www.marketplace.gov) at 1-800-318-2596, which provides assistance in over 150 languages. TTY users should call 1-855-889-4325. Consumers can also find a local assister or agent/broker in their area by visiting: <https://localhelp.healthcare.gov>.

CMS encourages new consumers and current enrollees to take this opportunity... to review their options and decide on coverage that best meets their needs for health coverage. □

Excerpted from [2021 Special Enrollment Period for Marketplace Coverage Starts on HealthCare.gov Monday, February 15 | HHS.gov](https://www.healthcare.gov)

From [NIH News in Health](#)

After your body's disease defense system (the immune system) fights off a virus, it keeps a memory of it. A study suggests that people's immune systems remember COVID-19 for months after recovery.

The immune system makes different types of cells and molecules to fight disease. These include antibodies, T cells, and B cells.

Researchers looked at immune responses from about 200 people who'd recovered from COVID-19. Some had been infected up to eight months before the analysis. Other

## How Long Does Protection Last After COVID-19?

cases were more recent. Of the people who recovered, 95% had immune system "memories" of the virus that causes COVID-19.

Almost everyone had antibodies that block the virus' spike protein. The virus uses this protein to enter cells. The number and type of antibodies varied between people. But the levels usually remained stable over time. They slightly decreased six to eight months after infection.

Immune cell levels also remained high. Memory B cells, which make antibodies, increased for a few months after infection and then

remained stable. Most people had one important type of T cell. About half had another type of T cell that kills infected cells.

"Several months ago, our studies showed that natural infection induced a strong response, and this study now shows that the responses last," says Dr. Daniela Weiskopf at the La Jolla Institute for Immunology. "We are hopeful that a similar pattern of responses lasting over time will also emerge for the vaccine-induced responses." □

Excerpted from [NIH News in Health—How Long Does Protection Last After COVID-19?](#)

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## Why You Should Still Wear a Mask and Avoid Crowds After Getting the COVID-19 Vaccine

From NPR.org

It may seem counterintuitive, but health officials say that even after you get vaccinated against COVID-19, you still need to practice the usual pandemic precautions, at least for a while. That means steering clear of crowds, continuing to wear a good mask in public, maintaining 6 feet or more of distance from people outside your household and frequently washing your hands. We talked to infectious disease specialists to get a better understanding of why.

### Why do I have to continue with precautions after I've been vaccinated?

In the short run, it will take some time for the vaccine's effectiveness to build up. (Effectiveness is [defined as not getting sick with COVID-19](#).

If 100 vaccinated people are exposed to a virus and 50 of them subsequently develop symptoms, that vaccine is 50% effective.)

With the Pfizer-BioNTech vaccine, a study published in [The New England Journal of Medicine](#) in December found that protection doesn't start until 12 days after the first shot and that it reaches 52% effectiveness a few weeks later. A week after the second vaccination, the effectiveness rate hits 95%. In its [application for authorization](#), Moderna reported a protection rate of 51% two weeks after the first immunization and 94% two weeks after the second dose.

"That's not 100%," notes Dr. Paul Offit, an infectious disease specialist and director of the Vaccine Education Center at Children's Hospital of Philadelphia, as well as a member of the Food and Drug Administra-

tion's vaccine advisory board. "That means one out of every 20 people who get this vaccine could still get moderate to severe infection."

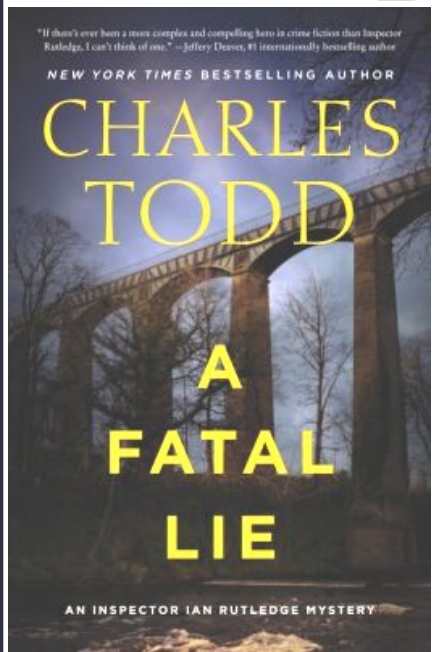
So, reason No. 1 to continue with precautions is to protect yourself.

### Can I spread the virus to others even if I'm fully vaccinated?

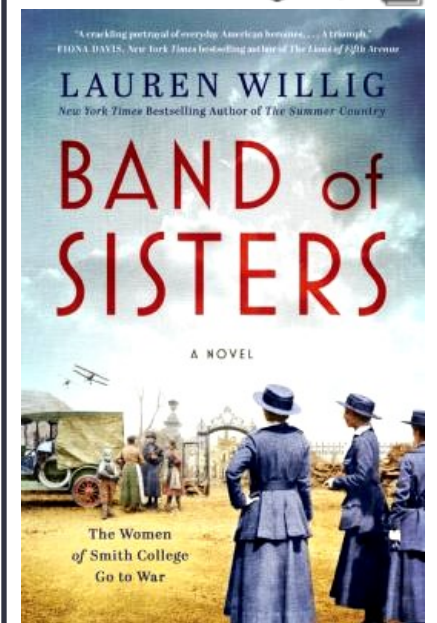
This is an important question, but scientists studying the shots' effectiveness don't have an answer yet. And for public health experts, that lack of knowledge means you should act like the answer is yes.

Here's why: Before approving the Moderna and Pfizer vaccines, the FDA asked the vaccine manufacturers only whether their products protect people from COVID-19

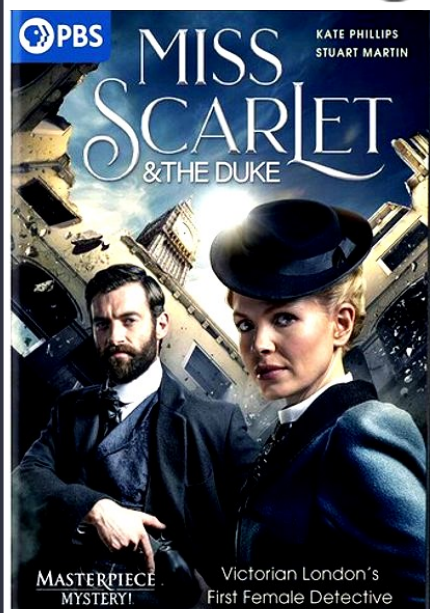
Inspector Rutledge, Book 23—A peaceful Welsh village is thrown into turmoil when a terrified boy stumbles on a body in a nearby river.



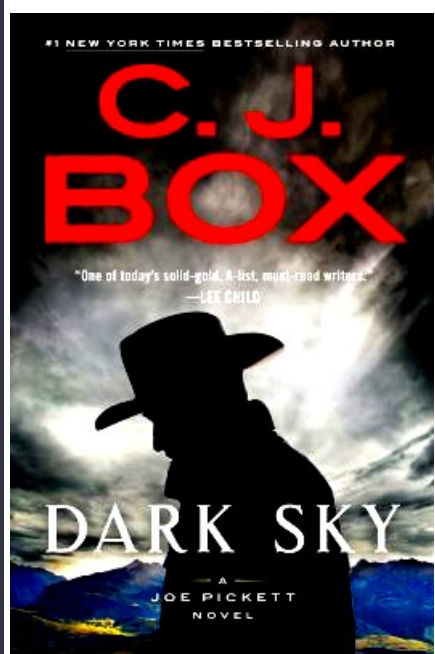
A former Smith College student helps World War I French civilians before finding herself surrounded by desperate families in villages decimated by German bombs.



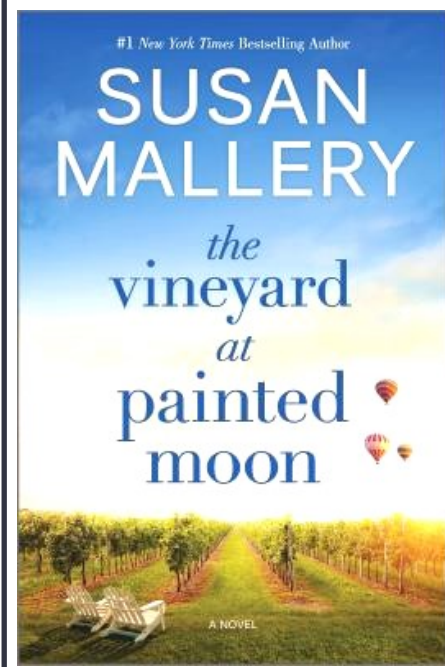
Eliza Scarlet joins forces with a Scotland Yard inspector to solve crime in 19th century London. (Originally broadcast as an episode of Masterpiece Mystery in 2021.)



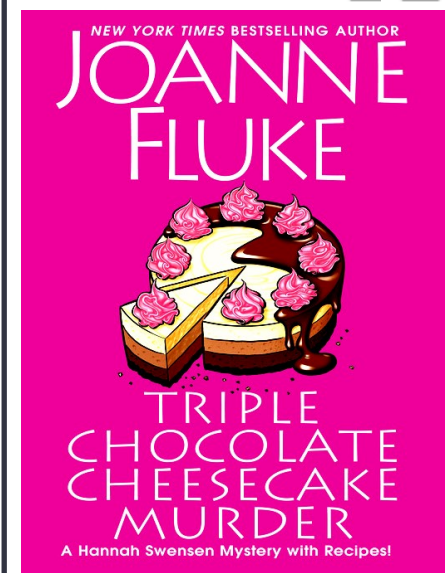
Joe Pickett, Book 21—Wyoming game warden Joe Pickett must accompany a Silicon Valley CEO on a hunting trip—but soon learns that he himself may be the hunted.



"In true Susan Mallery fashion, strong female characters, friendship, and family are at the center of *The Vineyard at Painted Moon*. You're sure to laugh and cry along the journey and delight in the happy ending." —Robyn Carr



This fun new story from the Queen of Culinary Cozies is just the indulgence you need this winter!



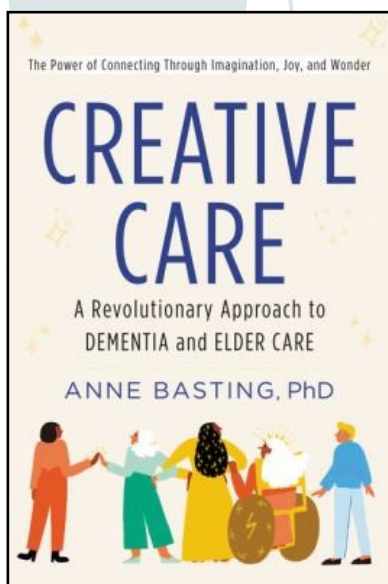
## KEY

Book Audiobook eBook eAudiobook DVD





## Book Spotlight—*Creative Care* *A Revolutionary Approach to Dementia and Elder Care*



Available at  
[www.rvl.info](http://www.rvl.info)

Early in her career, Basting noticed a problem: today's elderly-- especially those experiencing dementia and Alzheimer's-- are often isolated in nursing homes or segregated in elder-care settings, making the final years of life feel lonely and devoid of meaning. She developed a radical approach that combines methods from the world of theater and improvisation with evidence-based therapies that connect people using their own creativity and imagination. Here she uses compelling, touching stories to inspire and guide us all in how to connect and interact with those living with dementia. -- adapted from jacket

Rooted in twenty-five years of research, these new techniques draw on core creative exercises—such as “Yes, and . . .” and “Beautiful Questions.” This approach fosters storytelling and active listening, allowing elders to freely share ideas and stories without worrying about getting the details “correct.” Basting’s research has shown that these practices stimulate the brain and awaken the imagination to add wonder and awe to patients’ daily lives—and provide them a means of connection, both with the world and with those caring for them. *Creative Care* promises to bring light and hope to a community that needs it most.

**Anne Basting, PhD**, is a leader in transforming aging and elder care and the recipient of a MacArthur “Genius” Grant. She is the founder of the nonprofit TimeSlips, which implements her innovative approach to memory care, and is the author of three previous academic books, *The Stages of Age: Performing Age in Contemporary American Culture*; *Forget Memory: Creating Better Lives for People with Dementia*; and *The Penelope Project: An Arts-Based Odyssey to Change Elder Care*. Her work as the founding director of University of Wisconsin Milwaukee’s Center on Age & Community was featured in the PBS documentary, *The Penelope Project*.



***From the  
Salem Library  
Seed Library:***

***Vegetable and  
Flower Seeds Are  
Now  
Available  
In Our Lobby***



Prescription pill bottles are perfectly compact containers for your purse or travel bag. You can also use them to organize tiny objects in your home.

**Safety Tip:** Be sure to clean the bottle well, especially if a narcotic medication was in the bottle previously. After cleaning with soap and water, a rinse of bleach followed by multiple rinses of clean water should do the trick.

## 1. LOTION, SHAMPOO, CONDITIONER

Pump your favorite lotion into a pill bottle rather than purchasing a travel-size version. This is also great for shampoo and conditioner. Most prescription pill bottles are waterproof when closed properly. However, if you're concerned about leaks, place the bottle into a zipper snack size plastic bag.

## 2. POINTY OBJECTS

Think of things like toothpicks, straight pins, needles, and thumbtacks. Prevent pokes by keeping sharp items corralled in a pill bottle with a lid.

## 3. WATERPROOF STASH FOR YOUR CASH

Roll up your bills to hide or stash away for a rainy day. This is especially helpful when you are out for a walk or just don't feel like lugging your purse to the store for a quick trip.

## 4. COTTON SWABS AND COTTON BALLS

Keep your Q-Tips and cotton balls clean and dry and free of gunk by storing them in a pill bottle. If you travel, this bottle fits nicely into your cosmetic bag. . . .

## 5. BUTTONS

Choose a few different button sizes and colors, fill a pill bottle and add them to your sewing drawer. You never know when you'll pop a but-



ton and need a replacement.

## 6. SAFETY PINS

I always tuck away safety pins in my purse for those “you-never-know” moments. Place a few different sizes into the bottle and keep in your glove box or purse.

## 8. OFFICE SUPPLIES

Paper clips in one bottle, thumbtacks in another, and small binder clips in yet another. [Other items: pencil eraser tops, rubber bands and staples.]

## 9. JEWELRY KEEPERS

If you carry a lot of jewelry when you travel, designate different bottles for different types, such as earrings in one and necklaces in another.

## 10. TRAVEL SIZE SEWING KIT

Insert a couple different sized needles and safety pins, a couple of buttons, a needle threader and several other items to create your kit.

## 11. FIRST AID KIT

You'll probably want to use one of the larger prescription pill bottles when putting together a first aid kit to carry in your purse or backpack. Write out a simple list of the contents and tape it the bottle.



## 13. MATCHES

Keep your matches dry during your next camping trip. Be sure to tear off the striking surface from the matchbox to tuck into the bottle, or attach it to the outside . . . .

## 14. EARBUDS AND CHARGERS

You can protect your earbuds and charging cords and prevent tangling by folding them into an old pill bottle.

## 15. HIDE A KEY

Hide [a spare key] so that it's far less conspicuous by making it look like it's part of the landscape. [[See photos above.](#)]

## 17. LOOSE CHANGE

A pill bottle makes a great holder for loose change. There are some bottles that fit a quarter perfectly, making them ideal for laundry money.

Remember to always dispose of expired or unused pills in a [safe, recommended manner](#) before hoarding that bottle.

Excerpted from [Crafts by Amanda - 20+ Uses for Prescription Pill Bottles](#)





### Salem Public Library

28 E Main Street  
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email: [library@salemva.gov](mailto:library@salemva.gov)

Website: [https://](https://www.salemva.gov/departments/salem-public-library)

[www.salemva.gov/](https://www.salemva.gov/departments/salem-public-library)

[departments/salem-public-library](https://www.salemva.gov/departments/salem-public-library)

Roanoke Valley  
Libraries  
Online Library Catalog  
[www.rvl.info](http://www.rvl.info)

Roanoke Valley  
Libraries  
eBooks & eAudiobooks  
[rvl.overdrive.com](http://rvl.overdrive.com)

**ABOUT THIS NEWSLETTER:** This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

**SUBSCRIPTION INFORMATION:** If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at [library@salemva.gov](mailto:library@salemva.gov) OR
- Print copies will be available in our front lobby.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

### LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

**CONTACT-FREE PICKUP** is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items to your account before you get here. *Thank you!*

**LEAVE IT TO A LIBRARIAN For Adult Fiction:** The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

**SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM—** Click on the icons near the bottom of our [website home page](#).

## Wearing Masks—continued from page 2

symptoms. They didn't ask if the vaccines stop people who've been vaccinated from ... spreading the virus to others. The emergency authorizations by the FDA that have allowed distribution of the two new vaccines cite only their ability to keep you — the person vaccinated — from becoming severely sick with COVID-19.

In the words of the [Centers for Disease Control and Prevention](#), "Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations on steps everyone should take to slow the spread of the virus that causes COVID-19."

The data to answer the question of whether vaccinated people can still spread the virus are just now being collected.

### How can you spread a virus if you've been vaccinated?

All the COVID-19 vaccines and vaccine candidates under consideration for use in the U.S. rely on bits of genetic material or virus protein — not anything that could grow into an active SARS-CoV-2 virus, the virus that causes the disease COVID-19.

The concern instead with the COVID-19 vaccine is about whether you might still have an asymptomatic infection despite immunization — without symptoms, but able to shed virus.

Here's how that might work: Let's say you've been vaccinated and you encounter SARS-CoV-2. You're much less likely to develop symptoms — that's clear. But your immune system may not fight off the virus completely — it might allow some viruses to survive and reproduce and get expelled from your

nose or mouth in a breath, cough or sneeze. Remember: No one can be sure yet if this actually happens or if it happens often enough that you'd be emitting enough active virus to sicken someone else. . . .

### So what's the bottom line?

With cases and deaths surging throughout the U.S., the people who are treating COVID-19 patients really want you to continue to wear a mask, keep your distance and wash your hands, even if you've been vaccinated, until the research on shedding has yielded some answers. Dr. [Carlos del Rio](#) of Emory University says he knows taking precautions can be taxing, but he urges us all to hang on and keep it up. □

Excerpted from [Why Do I Still Need To Wear A Mask After Getting The COVID-19 Vaccine? : Shots - Health News : NPR](#)